

The City Focus

Official Newsletter for the City of Colonial Heights



Spring 2018



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www.colonialheightsva.gov

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COUNCIL COLUMN

Welcome once again to the Council Column here in the City Focus. I am privileged once again to bring this quarter's column to you. There are many exciting things going on in our fair city. Let's take a little virtual ride around and see what we can find going on...

As you come into the city, you see the fully functioning roundabout that I discussed in my last column. For the most part, you have all gotten used to the new patterns and are transitioning through the area well. The traffic backups that extended up the off ramp and even out on to the highway have been eliminated, even during peak traffic hours. I encourage each of you to stay vigilant through the area because, although we have gotten used to it, other "out-of-towners" may not be as familiar and occasionally like to make a left turn instead of keeping right.

After coming through the roundabout, our journey takes us south on the Boulevard and down towards Shepherd Stadium. Our Parks and Recreation Department, headed up by the imitable Craig Skalak, have been busy installing the new seats in the stadium. To see this jewel of our city continue to be polished and made better is a joy to see. I can't wait to sit in the new seats as we cheer on our Colonial Heights High School baseball team this spring! While we are here at Parks and Recreation, let's give a quick shout out to one of the rising stars in our city, A.J. Barksdale. To say that she is doing an incredible job doesn't begin to describe this young lady and the work she is doing. She has created several programs including the newest offering, a therapeutic recreation group for the children, teens, and adults of our city that have special needs (see page 7 of this newsletter). If you or someone you know may benefit from these programs, please give them a call at (804)520-9390 to get more information.

Leaving the stadium, we turn east and drive towards the mall area. There are new stores and restaurants opening almost weekly. Longhorn Steakhouse will be opening soon, offering a new place to enjoy your steak and Sedona Tap House has announced plans to open along the Charles Dimmock corridor. The City of Colonial Heights is becoming the go-to place for the soldiers, sailors, airmen, and marines that call Fort Lee home. We appreciate them for their service to our country and welcome them into our city!

Continuing our journey north from the mall, we arrive at the High School. We recently celebrated the opening of the new Biology/Science Labs at the High School. Our students are now enjoying this state-of-the art upgrade to their facility. Jointly funded between the School Board and the City, this project shows our commitment to educate our students to the highest of levels. The Colonial Heights schools have always had a reputation for being some of the best in the area and we want to continue to make sure that reputation is well founded because of the students we are producing. Thank you, Dr. Joseph Cox, Jr., Superintendent of Schools, and the Colonial Heights School Board for continuing to lead the way in education.

Well as you can see by our journey, the City of Colonial Heights is indeed doing very well! We continue to strive to meet the needs of all our citizens to the best of our ability. We appreciate you and the opportunity to lead you as your City Council. We welcome your thoughts, comments, and suggestions as we partner with you to make the City of Colonial Heights the best place to raise a family.

No wax,

Michael A. Cherry, Councilman - cherrym@colonialheightsva.gov



March

3/6 - Planning Commission

7:00 pm - Council Chambers

3/13 - City Council Regular Meeting

7:00 pm - Council Chambers

*Presentation of Proposed 5-Year Capital Program

3/20 - City Council Special Meeting

7:00 pm - Council Chambers

*FY18-19 Budget Work Session

3/30 - City Holiday - Good Friday

April

4/3 - Planning Commission

7:00 pm - Council Chambers

4/10 - City Council Regular Meeting

7:00 pm - Council Chambers

*Public Hearing on 5-Year Capital Program

*Presentation of FY18-19 Annual Operating Budget

4/17 - City Council Special Meeting

6:00 pm - Council Chambers (tentative)

4/24 - City Council Special Meeting

6:00 pm - Council Chambers

*Public Hearing- FY18-19 Annual Operating Budget

May

5/1 - Planning Commission

7:00 pm - Council Chambers

5/8 - City Council Regular Meeting

7:00 pm - Council Chambers

*FY18-19 Final Budget Adoption

5/15 - City Council Special Meeting

6:00 pm - Council Chambers

5/28 - City Holiday - Memorial Day

On the Cover...

Recreation & Parks Ready, Set, Run participants complete the Appomattox River Trail. Participants in the program learned proper running techniques, training exercises, and time management skills in preparation for completing a 5k. The next session of Ready, Set, Run begins March 1st. You can find information on this program and other Recreation & Parks programs beginning on Page 5.

Communicating During a City Emergency

Colonial Heights Fire, EMS and Emergency Management have several methods of communication with our Citizens during significant emergencies such as thunder storms, tornadoes, hurricanes or other widespread events. While Social Media has become one of our primary methods for immediate communication we realize not everyone has that capability.

We would also like to encourage all citizens to sign up for our **CIVICREADY** Notifications. This system allows us to telephone citizens in case of an emergency situation such as an evacuation, contaminated water, weather events, missing persons, hazardous chemical spill, etc. This system is capable of dialing the entire City within minutes. It then delivers a message describing the situation to you, or if you're unavailable, to your answering machine or voicemail. The message will be informational and could include instructions requiring immediate action.

To sign up for **CIVICREADY** Notifications you can register @ www.colonialheightsva.gov. Click on the **CIVICREADY** icon which is located at the bottom, right side of the screen.



Finding information during an emergency:

Facebook: Colonial Heights Fire, EMS & Emergency Management

Twitter: @ColHtsEmergMgmt

Citizen Assistance Line: (804) 520-9266

Clever Canines Book Buddies Program

The Colonial Heights Public Library and the Clever Canines Therapy and Obedience club offer children in elementary school a chance to read to a registered therapy dog. This program is an opportunity to practice reading out loud in a relaxed setting while enjoying time with a very friendly four-legged companion. Sessions take place at the library on the second Monday of every month of the school year from 5:30-6:30

p.m. Sign up for a session up to two weeks in advance by visiting www.colonialheightsva.gov/libraryprograms.



Important Colonial Heights Phone Numbers

Police/Fire Emergency	Dial 911
Police/Fire Non-Emergency	(804)520-9300
Recreation & Parks	(804)520-9390
Office on Youth & Human Services	(804)520-9286
Colonial Heights Health Department	(804)520-9380
Utilities Billing	(804)520-9288
Billing & Collections	(804)520-9320
Planning & Community Development	(804)520-9297
Curbside Trash Collection	(804)425-0500
Curbside Recycling Collection	(804)340-0900
Circuit Court	(804)520-9364
General District Court	(804)520-9346
Juvenile & Domestic Relations District Court	(804)451-0213
CH Recycling Center	(804)479-7056
(Household Hazardous Waste & Other Materials)	

Call Us

TEEN DRIVING SAFETY TIPS

Spring will be here soon and with it, many new teenage drivers will be taking to the road for the first time. This is an exciting time for new drivers, but with the excitement comes incredible responsibility for themselves as well as their fellow motorists. During the school year, our High School Resource Officer speaks with young drivers about wearing their seatbelt, avoiding distractions and the dangers of drinking and driving. While this information has been well received, nothing beats the interaction between a parent and/or guardian and their child. The Colonial Heights Police Department would like to share a few tips that you can share with your young driver:

- Put your cell phone out of reach or turn it off.
- Use an app to block incoming texts or calls. Some apps can send an auto response back to the sender, letting them know that you are driving and will respond once you are parked.
- If you are using the phone for navigation, ensure that it is properly mounted to the dash.
- Wear your seat belt and always insist that your passengers wear theirs.
- Do not speed and obey the rules of the road.
- Never consume alcohol and drive or get into a vehicle driven by another person who has consumed ANY alcohol and/or narcotic.
- Minimize other distractions by avoiding changing radio stations, playing loud music, and eating.
- Minimize the number of passengers in the vehicle to reduce distractions.
- Be familiar with the route that you will be driving and allow ample time to complete your journey.
- Parents/Guardians be good role models by following the rules of the road and minimizing distractions while driving.

While no list can account for every situation that a young driver might face, an honest conversation with your loved one could mean a real difference in their lives. If you have a driver that has a few years of experience, it is also a good idea to discuss these issues with them again. Reinforcement of the rules of the road could prevent your loved ones from receiving a traffic citation or become involved in a traffic accident. Congratulations to all of our new drivers as they start this exciting new phase of their lives. We look forward to working with them to ensure that our City roads are safe for everyone.

Winter/Spring Storytime at the Colonial Heights Public Library

The Colonial Heights Public Library will be offering its 2018 winter/spring story time sessions beginning on January 23 and ending on May 9. Family Storytime takes place each Tuesday and Wednesday at 11 a.m. and includes stories, music, lots of movement, and a craft or STEM activity.

Babies & Books Storytime for ages 6-24 months old will take place on the first Wednesday of each month at 10:15 a.m. Parents/caregivers interact one-on-one with their child, reading board books and acting out songs and finger plays, as the presenter leads the activities.

Story hours are a wonderful way for children to gain important pre-reading skills, to learn to socialize with other children, and to begin a lifelong love of books and reading.

No registration is necessary. A parent or caregiver must attend with the child. Please call Chantal Emerson at (804)520-9384 with any questions.

From the Commissioner of the Revenue

Now that 2018 is here, here are a number of items and dates for citizens and businesses alike to remember:

- ⇒ Return the blue tangible personal property sheets noting any changes as of January 1.
 - Address change
 - Sold cars, motorcycles, trailers, boats, motorhomes, campers in 2017
 - Purchased cars, motorcycles, trailers, boats, motorhomes, campers in 2017
- ⇒ All businesses must renew and pay for their 2018 Business License by March 1.
- ⇒ All businesses must file their Business Personal Property return by January 31 or request an extension to do so. Penalty and interest does apply to late filings.
- ⇒ File for Elderly or Disabled Real Estate Tax Relief by March 31. You must do this each year.
- ⇒ Apply for High Mileage reduction on personal vehicles 1999 or newer that MAY result in a lower assessment.

COLONIAL HEIGHTS RECREATION AND PARKS DEPARTMENT

Office Hours: Monday - Friday 8:00am - 5:00pm

P.O. Box 3401 / 901 Meridian Avenue

Colonial Heights, VA 23834

www.colonialheightsva.gov/recandparks

Recreation and Parks Office (804)520-9390
Recreation and Parks Fax (804)520-9203
Senior Activities & Classes (804)520-9220
Senior Transportation (804)520-9219
Teen Center (804)524-8717
Weather Cancellation Line (804)524-8788
Violet Bank Museum (804)520-9395

REGISTER BY MAIL

To register by mail, send your registration form with check to:

Colonial Heights Recreation and Parks
P.O. Box 3401
Colonial Heights, VA 23834

REGISTER IN PERSON

To register in-person, please visit our office, Monday - Friday 8:00am-5:00pm:

Recreation and Parks Office
Shepherd Stadium
901 Meridian Avenue
Colonial Heights, VA 23834

REGISTER OVER THE PHONE

Call the office at (804)520-9390 during office hours to register. All phone-in registrants are responsible for signing a waiver form and returning it to the Recreation office before the first class.

REGISTER ONLINE

To register online, please visit us online at www.colonialheightsva.gov/recandparks and click the register online link.

AFTER HOURS DROPBOX

We have a Drop Box for after hours collection of registrations, payments and uniforms; located in front of the Community Center at 157 Roanoke Ave.

PAYMENT OPTIONS

The City accepts Cash, Check, money order and major Credit Cards. Discover card not accepted at this time. Please make checks payable to: "City of Colonial Heights". \$35 fee may apply for returned checks

CONNECT WITH US...



SPRING ADULT SOFTBALL LEAGUE

Ages 16+

Registration is currently being accepted for the Men's and Women's Open Leagues & Church Leagues for the 2018 Spring/Summer Adult Softball Leagues. Registration Deadline for the Spring/Summer season will be Friday, March 9, 2018. Fee: \$600

Primary Game Nights:

Women's Division - Mon nights

Church Divisions - Tue & Thur nights

Men's Divisions - Wed & Thur nights

Game nights are subject to change based on the number of teams registered. Teams must be available to play any weeknight. Teams must supply game balls. Balls must be USSSA Classic M or USSSA Classic Plus.

READY, SET, RUN

Ages 6-13

Ready, Set, Run! is a character-building running program that trains kids to participate in a 5K run. In addition to running, the program offers participants an opportunity to learn about and take part in things such as healthy eating habits, positive goal setting, wellness development and much more!

Tu/Th 3/1-4/19 6:00pm-7:15pm
\$50 Lakeview Elem. School
*siblings are \$40

5K Race Info (race fee included in price)

Join us for the 4th annual Petersburg Half Marathon & 5K! The scenic course will feature views of downtown Petersburg, the Petersburg National Battlefield, Blandford Cemetery, and Pocahontas Island! Witness a battle re-enactment taking place in the Petersburg National Battlefield as you run through it! Saturday April 21st in Petersburg.

YOUTH BASEBALL/SOFTBALL REGISTRATION

Ages: Boys 4-18 (as of 4/30/18)

Girls 4-15 (as of 1/1/18)

Registration for 2018 youth baseball and softball leagues is underway. The deadline to register is March 2nd. To register you must be a City of Colonial Heights resident. Practices begin mid-March. Practice times will vary depending on the amount of teams in each league.

Fee: \$20 until March 2nd; \$30 after March 2nd, children registered after March 2nd may be placed on a waiting list.

Coed:

Rookie League (Instructional) ages 4-5
Coach Pitch (Instructional) ages 6-8

Boys:

AAA League ages 9-10
Major League ages 11-12
National League ages 13-15
Big League ages 16-18

Girls:

Angels ages 9-10
Darlings ages 11-12
Belles ages 13-15

START SMART LACROSSE

Ages 7-9

A developmentally age appropriate introductory lacrosse program for children 7 - 9 years old. Start Smart Lacrosse prepares children and their parents for organized lacrosse without the threat of competition or the fear of getting hurt. Age appropriate equipment is provided and used in teaching shooting, passing, catching, cradling, stick handling and running and agility.

Tu 3/6-4/10 6:00pm-7:00pm
\$20 CHMS

YOUTH LACROSSE

Ages 10-14

Colonial Heights Youth Lacrosse is a youth lacrosse program for boys and girls ages 10 - 14. The lacrosse program will have separate teams for boys and girls. The program teaches the fundamentals and provides organized team play for local area youth. Practices will be held after school hours starting in late February. No practices or games during Spring Break. We will try and work around other programs to avoid conflicts with the schedule. We have equipment available for use during this program.

Tu/Th 2/27-5/24 3:00pm-5:30pm
\$60 CHMS

QUICK START TENNIS

Ages 3-10

This program's format is to help kids learn and play the game. Everything has been kid-sized: racquets, courts, nets, and special balls to slow things down and decrease ball bounce heights. The goal of this program is for kids to learn while they're playing, and best of all, they're having fun.

Tu 4/17-5/15 6:00pm-7:00pm
\$20 TBD

JUNIOR TEAM TENNIS

Ages 6-18

USTA's Junior Team Tennis brings kids together to learn and play the game of tennis as a team. The Colonial Heights Junior Team Tennis is designed for kids to compete in tennis matches against other area teams. The teams play singles, doubles and mixed doubles matches. Junior Team Tennis promotes skill development, social skills and important values by fostering a spirit of cooperation and unity, as well as individual self-growth. You must register by March 9th.

\$45; schedule & location available once teams are formed.

GIRLS VOLLEYBALL

Ages 7-14 (age as of 4/1/18)

The Girls' Volleyball League is designed to teach the fundamentals of Volleyball through league play. The league is designed to emphasize sportsmanship, skill development and teamwork in a safe and fun learning environment. Registration for the 2018 spring season will begin on February 19, deadline to register will be Friday March 9. Practice will be one day per week and Saturdays. The practice times will vary depending on the amount of teams in the each league. The Recreation Department will try to work around other CHRD programming to avoid conflicts.

Age Divisions: 7-9 (Instructional), 10-12 (Minors), 13-15 (Juniors) \$40

LITTLE TYKES ALL-STARS

Ages 3-5

Colonial Heights Little Tykes All-Star Sports program focuses on teaching the skills and techniques need to play baseball, basketball, soccer, football, and Tennis. Whether your child is experiencing these sports for the first time or enhancing his or her existing skills, kids will have a BLAST in this fun, non-competitive class.

Tu 3/6-4/3 6:00pm-7:00pm
\$20 Ft Clifton Park

JUNIOR GOLF TEAM

Ages 7-18

The purpose of Junior Golf is to encourage young golfers under the age of 18 to learn and practice golf using the accepted rules and manners adopted by the Virginia State Golf Association (VSGA). Good sportsmanship and manners are demanded. The goal of this program is to familiarize young golfers to tournament play so they can play any course with confidence in their abilities. You must register by April 27th.

\$30 + \$10/tournament; schedule & location available once teams are formed.

START SMART GOLF

Ages 5-7

Start Smart Golf is a developmentally appropriate introductory golf program. The program teaches children proper golf skills in a fun, non-threatening environment. Start Smart Golf prepares children and their parents for on-course play without the threat of competition or the fear of getting hurt. Age appropriate equipment is used.

Tu 5/22-6/26 6:00pm-7:00pm
\$20 Ft Clifton Park

YOUTH SAND VOLLEYBALL

Ages 10-18 (as of 9/1/18)

The Sand Volleyball program is designed to teach the fundamentals of Sand Volleyball with opportunity to compete in local tournaments. Registration begins Feb 19, deadline to register is March 9. Practice times will vary depending on the amount of participants. The Recreation Department will try to work around other CHRD programming to avoid conflicts.

\$40; schedule available once teams are formed.
White Bank Park Sand Volleyball Court

SOFTBALL PITCHERS & CATCHERS CLINIC

Ages 9-15

The three day softball clinics focus on pitching and catching, as well as combining the two to have pitchers throwing bullpens to real catchers and catchers having live bullpens to catch and work on their framing and mechanics. Arm care for both pitchers and catchers will be discussed as well as proper throwing mechanics, pitch selection, calling a game, and the mental side of pitching and catching. Pre-registration is required.

Mo/We/Th 3/12, 3/14, 3/15 6:00pm-8:00pm
FREE Lakeview Elem. Ballfields

BASEBALL PITCHERS & CATCHERS CLINIC

Ages 9-15

The three day baseball clinics focus on pitching for pitchers and catching for catchers, as well as combining the two to have pitchers throwing bullpens to real catchers and catchers having live bullpens to catch and work on their framing and mechanics. Arm care for both pitchers and catchers will be discussed as well as proper throwing mechanics, pitch selection, calling a game, and the mental side of pitching and catching. Pre-registration is required.

Mo/We/Th 3/12, 3/14, 3/15 6:00pm-8:00pm
FREE Shepherd Stadium



The following afterschool activities will consist of an hour and a half of the days special topic and include about an hour of homework assistance and/or playing other games until pick-up.

GOLF LESSONS

Ages 8-14

The Afterschool Golf program is designed to teach boys and girls the fundamentals of golf. The program will be held after school hours starting in late February and feature trips to local golf courses and driving ranges to work on developing their golf skills. Equipment is provided.

Mo 2/26-4/9 3:00pm-5:30pm
Mo 4/16-5/21 3:00pm-5:30pm
\$60 Community Center

TENNIS LESSONS

Ages 8-14

The Afterschool Tennis program is designed to teach boys and girls the fundamentals of tennis. The program will be held after school hours starting in late February and feature trips to local tennis courts to work on developing their tennis skills. Equipment is provided.

We 2/28-4/11 3:00pm-5:30pm
We 4/18-5/23 3:00pm-5:30pm
\$60 Community Center

CONNECT WITH US...



3-2-1 BLAST OFF

Ages 8-14

Join the Recreation Department as participants learn the basics of rocketry, as well as how to build and launching model rockets. Each child will build, decorate, and launch a rocket.

Tu	2/27-4/10	3:00pm-5:30pm
Tu	4/17-5/22	3:00pm-5:30pm
\$60	Community Center	

CSI: CRIME SCENE

INVESTIGATORS

Ages 8-14

The CSI Program aims to develop your child's interest in forensic science. By using investigative techniques and scientific methods, your child will learn how to solve the mysteries behind crime scenes. In general it focuses on evidence collection such as fingerprints, shoe and tire impressions, and trace evidence. Your child may also learn forensic geology and the use of insects and plants.

Mo	2/26-4/9	3:00pm-5:30pm
Mo	4/16-5/21	3:00pm-5:30pm
\$60	Community Center	

ENGINEERING

Ages 8-14

Learn how to apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

Th	3/1-4/12	3:00pm-5:30pm
Th	4/19-5/24	3:00pm-5:30pm
\$60	Community Center	

YOUTH MUSIC EXCHANGE

Ages 8-14

Youth Music Exchange is a literacy, technology, and youth development program that allows youth to create music by turning the community center into a non-profit record label ran and managed by youth. The students learn to write and record the music, develop marketing strategies, design the artwork, create a business plan, and sustain their record label by bringing a youth-generated product to a local and global community.

We	2/28-4/11	3:00pm-5:30pm
We	4/18-5/23	3:00pm-5:30pm
\$60	Community Center	

Therapeutic

Therapeutic Recreation (TR) uses recreational activities (such as art, games or dance) to help people with disabilities to improve their physical, cognitive and social skills. For example, doing a craft activity might help a child to build fine motor skills, while also giving them an opportunity to think creatively and have fun with peers.

Colonial Heights Recreation and Parks now offers a series of new programs for those with special needs ranging but not limited to intellectual, physical, emotional or developmental disabilities. This season we're proud to announce that we will be adding Animal Therapy sessions provided by Clever Canines and group Music Therapy provided by Healing Sounds Music.

These activities will be offered to help enhance their recreation interests and participation. Each activity is held on Wednesday from 5:30-7pm; prior to the activity the participant must register and complete a participant profile. The participant profile can be found online on our website or can be emailed per request.

*Activity schedules are subject to change**



APRIL CLASSES (ALL AGES) - COMMUNITY CENTER

We	4/4	All About Recycling w/Central VA Waste Mgmt. Authority	\$3	5:30pm-7:00pm
We	4/11	Healing Sounds Music Therapy	\$10	5:30pm-7:00pm
We	4/18	Clever Canines Animal Therapy	\$3	5:30pm-7:00pm
We	4/25	Game Night	\$3	5:30pm-7:00pm

MAY CLASSES (ALL AGES) - COMMUNITY CENTER

We	5/2	Creative Arts	\$3	5:30pm-7:00pm
We	5/9	Healing Sounds Music Therapy	\$10	5:30pm-7:00pm
We	5/16	Adaptive Exercises	\$3	5:30pm-7:00pm
We	5/23	Memorial Day Party	\$5	5:30pm-7:00pm
We	5/30	Sensory Stimulation	\$3	5:30pm-7:00pm

JUNE CLASSES (ALL AGES) - COMMUNITY CENTER

Sa	6/2	Trip To Richmond Zoo	(See Information below)	
We	6/6	Creative Arts	\$3	5:30pm-7:00pm
We	6/13	Healing Sounds Music Therapy	\$10	5:30pm-7:00pm
We	6/20	Clever Canines Animal Therapy	\$3	5:30pm-7:00pm
We	6/27	Adaptive Exercises	\$3	5:30pm-7:00pm

METRO RICHMOND ZOO TRIP - Join us for a day trip to the Metro Richmond Zoo as we explore the more than 2,000 animals representing an amazing 180 species from around the world. Please bring a bagged lunch or extra money to purchase food and snacks on-site. We will depart from the Community Center at 9:00am and return at approximately 4:00pm. Transportation is first come-first served on City vans. Contact us at (804)520-9390 for special accommodations related to transportation.

Sa	6/2	\$20 (Children ages 2-11) / \$25 (Ages 12+)	9:00am-4:00pm
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Classes & Activities

ART & PIZZA PARTY NIGHT

Ages 5-12

Includes an arts and craft project, games and pizza dinner. Parents, drop your kids off for a fun art and pizza party! You can enjoy some free time, while your young artist(s) enjoys fun games, art projects, and dinner. Fee includes pizza dinner. Each class will have different activities to participate in!

Fr	4/27	6:00pm-8:30pm
Fr	5/25	6:00pm-8:30pm
\$10	Community Center	

MESS MAKERS

Ages 2-5

Messmakers is a sensory stimulation program where kids are able to get a little dirty! Explore different objects and textures while touching and squeezing different materials. Express your imagination in a multitude of ways. This program is an award winning program. Parent participation is encouraged!

Th	3/8-3/29	10:00am-11:00am
\$25	Community Center	

YOGA IN THE PARK (FREE)

All Ages

Featured in Flora Hill Park FREE Yoga class lead by Hope Helton-Lynch, E-500RYT, owner of Yoga One. This class is appropriate for all levels and beginners are encouraged to attend. Some of the benefits of yoga are improved strength, balance, flexibility, and inner peace. The practice will be accentuated by being in nature. Bring a yoga mat or a large towel.

Sa	4/28-5/19	11:00am-12:00pm
FREE	Flora Hill Park	

INTRO TO CARDBOARD BOAT CONSTRUCTION

All Ages

Learn how to properly design and build a boat out of Cardboard materials to compete in the Boat Regatta (see page 12). Your Cardboard Regatta entry is FREE if you take this course.

Sa	6/2	8:00am-10:00am
\$25	Community Center	

MUDDY BOOTS

Ages 2-5

Join Recreation and Parks in an adventure through nature with your preschooler at one of the many parks in Colonial Heights. We'll read nature themed books, and then take a walk on the wild side to find the nature right outside our door. Children must be accompanied by a parent, and of course wear boots or sneakers that can get a little dirty.

Th	3/8-3/29	10:00am-11:00am
Th	5/3-5/24	10:00am-11:00am
\$20	Ft. Clifton Park	

YOUTH ARCHERY

Ages 8-15

The Colonial Heights Youth Archery Program is designed to educate local youths and teens about archery, with an emphasis on safety. Students will learn how to use entry level compound bows, as well as archery safety, range set-up, and more.

Th	4/12-5/17	6:00pm-6:45pm
\$40	Appamatuck Park	

COMPETITION ARCHERY

Ages 10-15

The Competition Archery Program is designed to educate local youths and teens about archery, with an emphasis on safety through archery competition. Students will build upon what they learned and properly use compound bows in competition.

Th	4/12-5/17	6:45pm-7:30pm
\$40	Appamatuck Park	

BELLY DANCING

Ages 13+

This class is designed to teach the traditional Cabaret Style belly dancing while providing an excellent cardio workout that strengthens your core and your abdominal and lower body muscles. All shapes, sizes, and fitness levels are welcome.

Th	3/1-3/22	6:00pm-7:00pm
Th	4/5-4/26	6:00pm-7:00pm
Th	5/3-5/24	6:00pm-7:00pm
\$30	Community Center	

SPRING BREAK CAMP

Ages K-5th Grade

Spring Break Camp is a supervised day camp. Campers can enjoy games, crafts, active play, and trips. All campers must be registered for this program. Program participants can come every day or choose which days they would like to come. Registration deadline is Mon March 26, 2018.

Mo-Fr	4/2-4/6	8:00am-5:30pm
Community Center		

Fees

Full week \$100
Daily Rate: \$25
Trip schedule available March 1st

SHORTY CHEF & JUNIOR CHEF

Ages 6-12

The theme for this session of cooking classes is "Cooking around the World". Join the Recreation Department in learning how to cook various meals from different parts of the world. Students will learn the fundamentals of preparing simple meals. During the last session participants will engage in making a group meal for their parents or special guest.

Shorty Chef Class (ages 6-8)

We	4/11-5/9	6:00pm-7:00pm
\$40	Community Center	

Junior Chef Class (ages 9-12)

We	5/23-6/20	6:00pm-7:00pm
\$40	Community Center	

EXPLORE THE URBAN WILD

All Ages

You don't need to leave the city to explore nature and get a taste of the wilderness. Explore nature in the City of Colonial Heights in a whole new way. The Explore the Urban Wild Series is an outdoor educational program for all ages lead by Recreation and Park staff in the various parks in the city.

Sa	3/17	9:00am-11:00am
FREE	Ft. Clifton Park	Leaf Hike/Craft

Sa	4/21	9:00am-11:00am
FREE	Ft. Clifton Park	Backyard Birding

Sa	5/19	9:00am-11:00am
FREE	White Bank Park	Art by Nature

Visit our website at www.colonialheightsva.gov/recandparks to view info on our parks & facilities. Contact us at (804)520-9390 if you are interested in renting a park picnic shelter or the Community Center.

CPR & AED: FOR THE COMMUNITY & WORKPLACE

Ages 16+

This course teaches the basic techniques of CPR and the use of an AED. The course teaches how to recognize the signs of four major emergencies – heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. Price includes all needed materials.



Sa 5/19 8:30am-12:30pm
\$30 Community Center

BASIC FIRST AID COURSE

Ages 16+

This course teaches lay responders the knowledge and skills necessary to give care in an emergency; help sustain life and minimize the consequences of injury or sudden illness until medical help arrives. Price includes all needed materials.

Sa 5/19 1:00pm-4:00pm
\$30 Community Center

These courses are provided by the Colonial Heights Recreation Department in conjunction with the Colonial Heights Fire & EMS Department. *Health restrictions apply: if you have any of the following health issues you will be unable to participate in this class - breathing problems, heart condition or back problems. For questions, contact the Recreation Dept. at 520-9390. Register for both classes and receive a \$10 discount.

SUMMER TOTS PROGRAM

Ages 3-5 (As of 7/1/18)

The Summer Tots Program is an interactive classroom experience. This program engages youth through the use of educational activities, crafts, sing-a-longs, circle time, special guests and trips. All enrolled youth must be fully potty-trained to attend. Participants parents are encouraged to drop-off their child(ren) during program hours to allow participants to get used to a classroom setting. This program has a maximum of 20 participants and observes a 1:7 ratio of staff to children.

Mo-Fr 6/25-8/3 8:30am-11:30am
Tussing Elem. School

Fees:
All weeks \$100
Per week \$20

Non-residents may enroll, as space permits, starting 6/4/18. \$175 for all weeks, \$35 per week.

PARENT'S NIGHT OUT w/ BRICKS 4 KIDZ

Ages 5-13

Each month the Recreation Department will be hosting Bricks-4-Kidz, an organization that provides educational activities. Each month will be a different theme. Children under the age of 5 may register but a parent must accompany them during the class.

Fr 4/20 6:00pm-7:30pm Construction Site
Fr 5/18 6:00pm-7:30pm Vehicles
Fr 6/1 6:00pm-7:30pm Sports
\$10 Community Center

COUNSELORS IN TRAINING (C.I.T.) PROGRAM

Ages 12-17

This 6 week training program prepares participants to work in our Summer Camp programs. Each week participants will engage in activities such as creative arts, gym games, team building, social skills, and other topics relating to being part of our Summer Camp staff. CIT's are volunteer staff members during our 6 week summer camp starting June 25. This training program is mandatory in order to work in our summer camps. There is a limited number of spots available. Application deadline is April 20.

Tu 5/1-5/29 6:00pm-7:00pm
\$20 Community Center

SUMMER CAMP PROGRAM

Ages 6-12 (As of 7/1/18)

The Summer Camp Program is a supervised day camp. Campers can enjoy games, crafts, active play, trips, and special guest activities. All campers must be registered for this program and must be residents of Colonial Heights. All youth who have completed Kindergarten are eligible for camp enrollment. Registration and activity calendars are available April 1, 2018. Camp registration fee includes camp t-shirt & wristband. Weekly fees include trips.

Mo-Fr 6/25-8/3 8:00am-5:30pm

\$32 to register child for camp; fees for each week will be available April 1st.

Locations (60 max at each site)
Lakeview Elem. School & North Elem. School

Summer Camp Parent Orientations

All parents who attend will receive \$15 off the cost of their Summer Playground Program Camp Registration.

Tu 5/1 3:30pm-4:30pm
Th 5/24 4:00pm-5:00pm
Mo 6/4 5:30pm-6:30pm
FREE Community Center

Trips

RIVERSIDE THEATER FREDERICKSBURG, VA

For the following performances, we will depart from the Senior Center at 10:00am and return back to the center at approximately 6:30pm on all dates. Price includes transportation on vans, ticket to show, and lunch. Sign up early, limited tickets!

THE HUNCHBACK OF NOTRE DAME

Based on the Victor Hugo novel and songs from the Disney film. As the bells of Notre Dame resound through the famed cathedral in 15th-century Paris, Quasimodo, the deformed bell-ringer who longs to be "Out There," observes all of Paris reveling in the Feast of Fools.

We 4/4 10:00am-6:30pm \$62

ALWAYS: PATSY CLINE

Always...Patsy Cline is based on the true story of Patsy Cline's friendship with Houston housewife Louise Seger.

We 5/30 10:00am-6:30pm \$64

A CHORUS LINE

A Chorus Line is a musical with music by Marvin Hamlisch, lyrics by Edward Kleban and a book by James Kirkwood, Jr. and Nicholas Dante. Centered on seventeen Broadway dancers auditioning for spots on a chorus line, the musical is set on the bare stage of a Broadway theatre during an audition for a musical. A Chorus Line provides a glimpse into the personalities of the performers and the choreographer as they describe the events that have shaped their lives and their decisions to become dancers.

We 8/29 10:00am-6:30pm \$64

ROMEO & JULIET @ VA MU- SEUM OF FINE ARTS

Romeo and Juliet is a tragedy written by William Shakespeare early in his career about two young star-crossed lovers whose deaths ultimately reconcile their feuding families. We will depart from Community Center.

We 4/18 Depart at 9:00am
\$18 (Includes admission & transportation)

THE BRANCH MUSEUM OF ARCHITECTURE & FINE DESIGN

The Branch Museum of Architecture and Design is dedicated to revealing the inherent beauty of the created form and space, igniting a passion for design. Located in a 1919 27,000-square-foot landmark Tudor Revival mansion at 2501 Monument Ave. We will depart from Community Center.

We 2/28 Depart at 12:00pm
\$10 (Includes admission & transportation)

JOHN MARSHALL HOUSE TOUR

John Marshall, known as the great Chief Justice of the United States Supreme Court, built this dignified house in 1790 and made it his home for forty-five years. The house is an outstanding example of Federal architecture and retains most of its original features. We will depart from Community Center.

Fr 3/2 Depart at 10:00am
\$14 (Includes admission & transportation)

CHATHAM MANOR

Chatham Manor was built by William Fitzhugh during the years 1768-1771. During the Civil War it played a vital role as a Union headquarters, hospital and soup kitchen. We will depart from Community Center.

Fr 3/23 Depart at 8:15am
\$14 (Includes admission & transportation)

VIRGINIA HOUSE

Virginia House was formerly an English manor house that was relocated to Richmond in 1925. The home is now owned and operated by the Virginia Historical Society. We will depart from Community Center.

Fr 4/13 Depart at 8:15am
\$15 (Includes admission & transportation)

SOUTHERN WOMEN'S SHOW

Join us for a trip to the Richmond Raceway for the 2018 Southern Women's Show. Shop, sample and share the fun at Richmond's favorite event for women - the Southern Women's Show. Discover hundreds of boutiques filled with the latest fashions, trendy jewelry, gourmet treats, health and beauty, and so much more.

Fr 3/16 Depart 11:00am/Return 4pm
\$14 (Includes admission & transportation)

NASHVILLE, TN

Join us for a 6 day/5 night trip to Nashville, TN. Price includes a performance at the Grand Ole Opry, a guided tour of Nashville, and a visit to the Country Music Hall of Fame. We will depart from the Community Center. Contact (804)520-9220 for more information.

Tu-Su 5/1-5/6
\$800 Double
\$1,100 Single



Come Play!
DOVER DOWNS
HOTEL & CASINO
DELAWARE

June 19 -21
Double: \$215
Single: \$340

Price includes:
\$10 GR8 Burgers & Shakes Voucher
\$30 Free Slot Play each night (\$60 total)
Complimentary Breakfast at the Festival Buffet
(2 days)

WILLIAMSBURG OUTLETS

Join us for a day of shopping at the Williamsburg Outlets. Lunch on your own. We will depart from Community Center.

Fr 4/20 Depart at 9:00am
\$18 (Includes transportation)



SENIOR CENTER

The Senior Citizen Center is adjacent to the Community Building at 157 Roanoke Avenue. It is open Monday through Friday, 8:30 am to 4:30 pm. The Center is open to adults 50 years of age and older who are City Residents. All Senior Citizen programs are FREE unless noted.

SENIOR TRANSPORTATION

The Transportation Department operates 8am-4pm Monday-Friday, except City Holidays. Senior Citizens sixty (60) years of age or older that are City of Colonial Heights residents, needing transportation for medical, business, or personal reasons may obtain rides throughout the City of Colonial Heights. Transportation is provided to Petersburg, Hopewell and Fort Lee for medical appointments only. Vans are equipped with hydraulic lifts for wheel-chairs. Reservations must be called in 24 hours in advance of your appointment. Please call 520-9219 for further information.

ACTIVITIES & FITNESS

Monday

8:30am Muscles in Motion
9:30am Tai Chi (*Library*)
9:30am Bowling (*League Fee*)
10:00am Strength & Stretch
11:00am Zumba Gold (*Donation*)
11:00am Pickle Ball (*Swift Creek Baptist Church*)
1:00pm Creative Coloring
1:00pm Beginner Tap Dancing
1:30pm Bridge 101
3:00pm Computer Class (*sign up*)
4:00pm Beginners Sewing (*sign-up \$12*)

Tuesday

9:00am Yoga
9:30am BP Screening (*3rd Tue*)
10:00am Sit & Let's Get Fit
11:00am Sit & Let's Get Fit
11:00am Bunco
12:00pm Duplicate Bridge
1:00pm Bingo
1:30pm Water Aerobics (*HCC - \$2*)
3-6pm Quilts for Vets (*Last Tue*)
3:00pm Open Sew (*1st, 2nd & 3rd Tues*)

Wednesday

8:30am Muscles in Motion
10:00am Strength & Stretch
10:00am Crochet & Knitting Group
11:00am Line Dancing
11:00am Pickle Ball (*Swift Creek Baptist Church*)
12:00pm Party Bridge
4:00pm Beginners Sewing (*sign-up \$12*)

Thursday

9:00am Yoga
9:30am Sing-A-Long
10:00am Sit & Let's Get Fit
11:00am Sit & Let's Get Fit
12:45pm BP Screening (*1st Thur*)
1:15pm Senior Citizens Club Mtg.
2:00pm Watercolor

Friday

8:30am Muscles in Motion
10:00am Strength & Stretch
1:00pm Computer Class (*sign up*)
1:00pm Scrabble
1:30pm Water Aerobics (*HCC - \$2*)
5:30pm Open Paint
7:00pm Senior Dance (*2nd Fri - \$6*)



We are seeking City Hall Welcome Desk Administrative Volunteers. Hours are flexible and we will work around your availability. If you are interested in volunteering to help be "The Face of the City", please contact Nancy Bosher, Executive Assistant to the City Manager, at (804)520-9265.

Economic Development Highlights

Colonial Heights continues to attract national business as well as the entrepreneur that wants to continue with their new idea. While there have been closings for national companies, Colonial Heights has remained strong in the retail sector. Sears in Colonial Heights recently closed, but this was outside the City's control and part of a broader closing of Sears stores in other areas.



However, there are new and exciting things happening in the City. Colonial Heights has remained very strong in the unemployment area with consistently low unemployment figures. This sends a great message to businesses seeking new locations. Below are just a few things that will be taking place in 2018:

- Major renovations to Sheetz which re-opened in February
- Longhorn Steakhouse anticipated to open Spring 2018
- Skrimp Shack opened in February in Colonial Square Shopping Center
- Harbor Freight – taking 50% of the former HHGregg building and opening sometime mid-May
- Site plan has been submitted for Sedona Tap House
- Lundie Insurance building opening February-March, which will house Lundie Insurance, Sherwood Title, and Colonial Italian Grill

2018 Fort Clifton Festival

Art • Music • Crafts



DATES & TIME

May 12, 2018 10:30 a.m. - 5:00 p.m.
May 13, 2018 10:30 a.m. - 5:00 p.m.

ENTRY FEES

All Entry Fees must be POSTMARKED

Prior to February 15	\$70.00
February 16 - March 15	\$80.00
March 16 - April 20	\$100.00

NO REFUNDS after April 20, 2018

the Teen FLASHLIGHT easter egg hunt

Wed April 4, 2018
Flora Hill Park

FREE

Come out & enjoy this fun event.

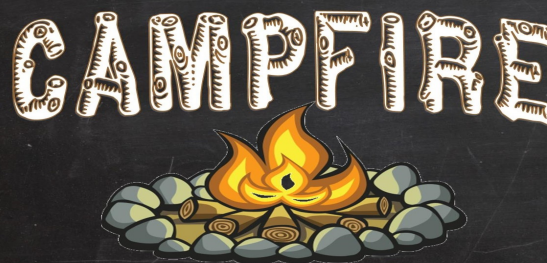
Registration: 7:50PM
Hunt Begins: 8:10PM

All participants must bring a basket/bag and a flashlight.

Please no 9-volt flashlights.



Everyone Welcome
to our community



There may be nothing better than sitting next to a warm crackling campfire. Colonial Heights Recreation and Parks invites you to join us for our community campfire. We provide the fire and everything to make s'mores. You get to share a campfire experience with others in your community. This free program is open to all ages and all children must be accompanied by an adult.

Fri 4/13 7:30-8:30pm Flora Hill Park **FREE**
Fri 5/18 7:30-8:30pm White Bank Park **FREE**

CARDBOARD BOAT REGATTA

Event
Sponsorships
Available

\$25/entry



Sat July 14 - 9:00am
Lakeview Park

Lakeview Park will be full of spectators waiting to see who will float, sink or swim at the "Cardboard Boat Regatta". Contestants will make boats out of cardboard & tape and will rely on their inventions to keep them afloat as they race across the lake. Pre-registration is required & all teams will need to collect their own cardboard. Life vests are mandatory for all team members. Prizes will be awarded to the winners and most creative designed boats!

Contact us at (804)520-9391 for a full set of rules/instructions/details.

GET
READY
FOR

The Great American BACKYARD CAMPOUT

Fri-Sun June 22-24
Ft. Clifton Park

Join the Recreation and Parks Department for this overnight camping event in Historic Fort Clifton Park on the Appomattox River, whether you're a first-timer or an old hand, for traditional outdoor and camping activities such as storytelling, s'mores, crafts, games, night hikes, river exploration, and, of course, camping in tents.

Check-in Fri 6/22 5pm until 7pm

Check-out Sun 6/24 before 12pm

\$25/site—space is limited!

Call us at (804)520-9391 to reserve
your spot and for more information.



GREAT AMERICAN
CAMPOUT

THE CITY FOCUS

City of Colonial Heights

Office of the City Manager

Post Office Box 3401

Colonial Heights, Virginia 23834-9001

www.colonialheightsva.gov

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